

A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM



EAP NOTES

Promoting an Enthusiastic Environment

We all want to be part of a team where enthusiasm and positive attitudes are integral components of our workdays. Sometimes, though, we can get caught up in the every day pressures of deadlines, reports, budgets and back-to-back meetings. It's during these hectic times that we need to pay extra attention to promoting a positive attitude in order to create an enthusiastic environment.

Following are a few thoughts on positive attitude that can help stimulate your environment:

- ◆ **A positive attitude is being anxious to do better.** It is having an optimistic, hopeful and cheerful outlook.
- ◆ **A positive attitude means using one's ability to the utmost.** We need to utilize our skills and talents to the best of our ability.
- ◆ **A positive attitude is seeing each day as an opportunity to get something done, to improve ourselves, to feel pride and to appreciate other people.**
- ◆ **A positive attitude means being cooperative and helpful.** It also means working together to solve problems.
- ◆ **A positive attitude means filling our thinking time with pleasant thoughts.** To get the best out of a day, we must overcome past pains and failures.
- ◆ **A positive attitude is a winning one.** It means we are not willing to accept defeat.
- ◆ **A positive attitude means saying something positive to every person we meet everyday no matter how difficult the person is or how difficult it is to say something positive.**
- ◆ **A positive attitude is being a positive thinker.** We need to discipline ourselves to become positive reactionaries. Life is 10 percent what happens to us and 90 percent how we think about and react to what has happened.

"Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your objective. Nothing great was ever achieved without enthusiasm."

- Ralph Waldo Emerson

For additional assistance or information on promoting a positive attitude to create an enthusiastic environment, contact your Best Care EAP. A professional counselor is available to help.

For a confidential appointment, please call (402) 354-8000 or (800) 666-8606.

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